

# WINTER 2006 SCHEDULE

**Program Dates:**

January to March 2007

**Registration Begins:**

December 11, 2007

**Classes Begin:**

Week of January 8

(unless otherwise noted)

**Holiday Closures:**

Monday, January 1

Monday, January 15

Monday, February 19

## Queen Anne Community Center

1901 FIRST AVENUE WEST

SEATTLE WA 98119

206.386.4240

[WWW.SEATTLE.GOV/PARKS](http://WWW.SEATTLE.GOV/PARKS)



*SEATTLE PARKS  
AND RECREATION*

# Registration Form

## Seattle Parks And Recreation Program Registration Form in partnership with the Associated Recreation Council



SEATTLE PARKS  
AND RECREATION

This form is for non-childcare and non-athletic programs only. Ask recreation staff for those forms as needed.

### Registration Procedures:

1. Please complete registration form entirely.
2. Payment MUST accompany registration.

### Family Information: (Please complete for the adult who is financially responsible for the family account.)

(ADULT) Name: Last \_\_\_\_\_ First \_\_\_\_\_ MI \_\_\_\_\_ Sex: Male Female  
(Circle One)

(ADULT) Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Email Address: \_\_\_\_\_  
mm/dd/yyyy

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone - eve: (\_\_\_\_) \_\_\_\_\_ day: (\_\_\_\_) \_\_\_\_\_ other: (\_\_\_\_) \_\_\_\_\_

Family Emergency Contact: \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_  
Name Phone Relation

☐ **PARTICIPANT** info differs from above. How does it differ? \_\_\_\_\_

PARTICIPANT (please print full name)	M/F	BIRTHDATE (mm/dd/yyyy)	COURSE TITLE (Non-Day Camp Activities ONLY)	1 <sup>ST</sup> CHOICE		ALTERNATE		AMOUNT
				DATE(S)	START TIME	DATE(S)	START TIME	
								\$
								\$
								\$
								\$
*Acceptance of this request does not guarantee enrollment into a class (see back for more information).								\$
<b>TOTAL</b>								

### How would you like to pay?

Person making payment

(required for proper refunding)

- ☐ Cash (Please do not send cash through the mail.)
- ☐ Check or Money Order # \_\_\_\_\_
- ☐ Visa ☐ Mastercard ☐ American Express

Staff Use Only

Authorization (Ref#) \_\_\_\_\_

For  
mail-in  
only

Card #: \_\_\_\_\_ Expires: \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

Signature: \_\_\_\_\_

**PLEASE INCLUDE  
PAYMENT**

**ASSUMPTION OF RISK AND RELEASE:** I hereby give my consent as a participant or for the above-named participant(s) to participate in the program(s) listed above being conducted or co-sponsored by Seattle Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Seattle Parks and Recreation's employees, Advisory Council, or any volunteer associated with the program, responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

For Office Use Only:

# General Information

## Queen Anne Community Center

1901 First Avenue West  
Seattle, WA 98119  
(206) 386-4240 FAX (206) 386-4284  
TDD (206) 684-4950



queenanne.cc@seattle.gov  
www.seattle.gov/parks/centers/queenannecc.htm

### Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

### Hours of Operation

Monday, Tuesday, Friday ..... 1 p.m. to 9 p.m.  
Wednesday, Thursday ..... 10 a.m. to 9 p.m.  
Saturday ..... 10 a.m. to 5 p.m.  
Sunday ..... Closed

### Program Dates

**Winter Quarter:** ..... January - March  
**Registration Begins:** ..... December 11, 2007  
**Classes Begin (unless noted):** ..... Week of January 8  
**Holiday Closures:**  
New Year's Day ..... Monday, January 1  
MLK Day ..... Monday, January 15  
President's Day ..... Monday, February 19

### Fees and Charges

Our advisory council provides the programs and activities listed in this brochure under an agreement with Seattle Parks & Recreation. Fees collected by the advisory council are offset the cost of providing the programs. Program charges include user fees paid to Seattle Parks & Recreation to defray operating costs. Class and program fees include Washington state sales tax where applicable.

## Register Online!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks) where you can find our seasonal brochures and register for many of our courses online.

### Management Staff

Ken Bounds, Superintendent  
B.J. Brooks, Deputy Superintendent  
Christopher Williams, Operations Manager  
Robert Stowers, Central West Sector Recreation Mgr.

### QACC Staff

Gina Saxby, Recreation Staff Coordinator  
Sheree Seretse, Asst. Recreation Staff Coordinator  
Christopher "CJ" Jordan, Recreation Attendant  
Dawn Bennett, Teen Development Leader  
Cindy Sandino-Chang, Facility Monitor  
David Strothers, Custodian

### QACC Advisory Council

Deb Artis, Chair  
Patricia Barger, Vice Chair  
Anne Sustar, Secretary  
Michael DeCaro, Treasurer  
Romi Gordon  
Ed Artis  
Joyce Jinka  
Eileen Cripe  
Tara Lawrence



## The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3<sup>rd</sup> and 4<sup>th</sup> graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!



# General Information

## Refunds and Credits

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read entire policy, #7.16, for specific information.

## Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to the City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.)

## Scholarships

Our Advisory Council wants to ensure that our activities, classes, and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

## Waiting Lists

We will create waiting lists for all filled classes. We encourage you to register for classes even if they are full, because class openings often become available, and if demand is high enough, an additional class may be added.

## Class Cancellations

To cover the cost of a program, we need a minimum number of participants. If too few people sign up for a class, we must cancel it. We'll notify you one or more days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments. If the class minimum is not met by then, however, we will have to cancel it.

## Confirmations

We cannot confirm class registrations by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

## Non-Discrimination Policy

As a matter of policy, law, and commitment, the Seattle Department of Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental or physical handicap (Seattle Municipal Code 18.12.280).

## Persons with Disabilities

We will make reasonable accommodations, upon request, for people with disabilities. If you need sign language interpretation, auxiliary aids or other accommodations, please call (206) 386-4240 or (206) 223-7061 (TDD only). If possible, please allow 10 working days advance notice for sign language, interpretation or auxiliary aids. If a class or activity is scheduled in an area that is not barrier free for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

## Interested in Teaching?

We're always looking for quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop, please talk to a member of our staff.

## Advisory Council — Make a Difference!

Our Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables the Center to offer a variety of programs and services to people of all ages, abilities, and background. Our council is always looking for new members. Members attend monthly meetings (second Tuesday evenings to discuss programs, policies, and financial issues. Members also create scholarships through grant writing and other fundraising activities. If you'd like to get involved, please contact Gina Saxby.

Most classes, workshops, sports, and special events are funded through the advisory council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

# General Information

## Suggestions

We welcome your ideas. If you would like to suggest a new class or if you have an idea you think would benefit us or our community, please let us know.

## More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters and scheduling, please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks) or call our public information line (206) 684-4075. For more information about programs for senior adults, please call (206) 684-4951, and for information about programs for special populations, please call (206) 684-4950.

## Rental Information

Queen Anne Community Center is available most weekends and during non-program hours for wedding receptions, birthday parties, or special events. The Center has a gymnasium, small kitchen, and a game room. For rental information, consult our facility rental brochure or call (206) 386-4240.

RENT A ROOM  
FOR YOUR



WINTER  
EVENT



## Directions

### From downtown:

Go north on First Avenue to Denny Way. Take mild right at First Avenue North. Continue north to Roy Street. Turn left. Go one block, turn right at Queen Anne Avenue North. Follow Queen Anne up hill. Turn left at Crockett Street, go one block and turn left at First Avenue West. The Center is on the corner of First Avenue West and West Howe Street.

### From I-5:

Take Mercer Street exit. Turn right at traffic light at Fairview. Follow Fairview to light, turn left at Valley into second lane. Follow Valley as it becomes Broad Street. Turn right at Fifth Avenue North. Turn left at Roy Street. Turn right at Queen Anne Avenue North, Follow Queen Anne up hill. Turn left at Crockett Street, go one block and turn left at First Avenue West. The Center is on the corner of First Avenue West and West Howe Street.

### From Aurora (Hwy. 99):

Take Queen Anne Drive exit south of Aurora Bridge. Follow main road to Queen Anne Avenue, turn left. Turn right at Crockett Street, go one block and turn left at First Avenue West. The Center is on the corner of First Avenue West and West Howe Street.

### Metro Bus:

Buses #2, #3, #4 and #13 come near (these buses can be boarded at Third Avenue and Pike Street)



# Special Events / Toddler Programs

## Baby & Toddler Play Room

Escape the weather and let your tot play on the climbers, in the little kitchen, with blocks, dolls, trucks, and other fun toys. Ages 3 and under.

- *Parent supervision required.*
- *Parents responsible for cleaning up after your child.*
- *Toy donations gratefully accepted. Please leave your toy with a note at the front desk.*
- *Older siblings welcome, however the play room is geared toward ages 3 and under. Children over 3 need to respect the needs of the little ones.*
- *If you are interested in being responsible for play room cleaning in exchange for free use (for the week you clean), please talk to our staff.*

Mon-Fri 9:30 a.m. - 8 p.m.

Sat 10 a.m. - 3:30 p.m.

Fees: \$2.00 per child

## Play Gym

Escape the weather! Bring your children to our large open gym to burn off some energy. There are plenty of play items available, including push toys, balls, mats, slides and various toys.

Tue—Thurs 10 a.m. - noon.

Fees: \$2 per child

Location: Gym

## Creative Movement for Preschoolers

This class explores the concepts of rhythm, shape, size and speed in a fun and energetic environment. Self-expression and creativity are encouraged. Parents of new students can view the class. A presentation will take place at the end of the session. Children should wear comfortable clothes and have hair secured. Aynsley Briggs, the instructor, is full of spirit

Mon

2:45 p.m. - 3:30 p.m.

Ages 3 - 5

Location: Game Room

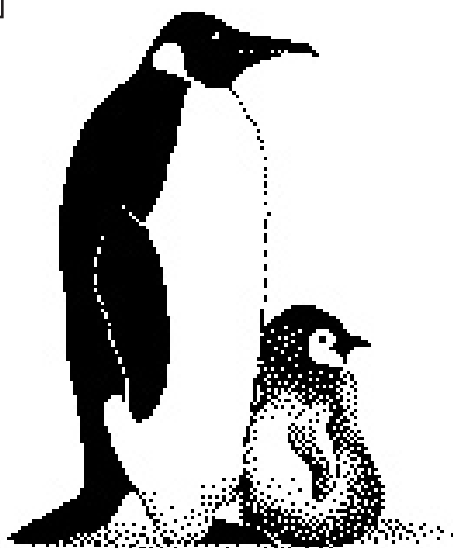
1/8/2007- 3/5/2007

# 13875



## Preschool Participation Note

Parks and Recreation provides "recreation programs" for preschool age children who are 3 and 4 years old, and children 5 years old who are not enrolled in school. The Department of Early Learning (formally DSHS), defines "child care" in a specific manner which requires licensing. Our preschool programs are not licensed; therefore, we limit participation in preschool recreation programs to 3 1/2 contiguous hours in a day



## WINTER HOLIDAY PARTY

Come join us as we celebrate winter holidays around the world. Lots of fun activities, crafts, refreshments, and entertainment. All ages. Free.

Sat, Dec 9

Noon - 2 p.m.

# Fresh Air Preschool

## Our School

Fresh Air Preschool is a child-centered and play-based preschool. Teachers plan activities according to the unique interests and abilities of the different children. This approach centers on every child's natural curiosity and desire to learn, and fosters self-confidence that is critical for school readiness.

## Our Philosophy

We believe that every child is unique and should be allowed to take an individual, active role in the process of learning. We believe that nurturing confidence, independence, curiosity and cooperative relationships with classmates and adults is critical for emotional, physical, and intellectual development.

## Our Curriculum

Our curriculum is child-centered and play-based. During extended free play in the classroom, the children explore art, science, large and fine motor skills, sensory activities and dramatic play. During play, children use their sense, explore their environment, concentrate, solve problems, symbolize, improve vocabulary, and learn to be flexible. Play expands children's creativity and collaborative skills. Ample gross motor time is provided daily, either at the park, playground, or gym.

## Our Teacher

We are delighted to offer Jennifer Perez, who has extensive experience in early childhood education as both a teacher and administrator, most recently with World of Wonder for Kids (Whittier Elementary), a program with over 100 children. With an emphasis in art, music, physical education, and creative movement, Jennifer is thrilled to



put her training to "the greatest use of all" as a preschool teacher. Jennifer and her husband, also an educator, are proud parents of two children in Seattle Public Schools.

## Tuition

The annual tuition is payable in ten monthly installments due the 25th of the prior month. See chart below for rates. A non-refundable and non-transferable deposit of \$175 (Threes Class) or \$230 (Fours Class) is required upon enrollment and is credited as your first tuition payment.

## Calendar

The school year typically begins the first Monday after Labor Day and ends in mid-June. Fresh Air Preschool operates on a calendar similar to that of Seattle Public Schools.

## How to Apply

Registration forms are available at the front desk. For more information or to schedule a visit, leave a message at (206) 386-4240 for the teacher. If the classes are full, you may request to be added to a wait list.



Threes	Fours
<b>Age 3 by 9/1/06</b>	<b>Age 4 by 9/1/06</b>
<b>Tues/Thurs</b>	<b>Mon/Wed/Fri</b>
<b>9 a.m. - noon</b>	<b>9 a.m. - noon</b>
<b>\$1,750 annually</b>	<b>\$2,300 annually</b>
<b>Jan ..... \$175 #7079</b>	<b>Jan ..... \$230 #7081</b>
<b>Feb ..... \$175 #7080</b>	<b>Feb ..... \$230 #7082</b>
<b>Mar ..... \$175 #7081</b>	<b>Mar ..... \$230 #7083</b>

# Kids' Programs

Queen Anne Community Center 206.386.4240



## Kids' Play with Clay (Ages 6-10)

Finally a clay class where you can build exactly what you want! Aliens, dream houses, Pokemon, turtles, space needles, Leaning Towers of Pizza! It's all good! We'll have seven classes to build our dreams . . . and in the 8th & 9th classes, we'll decorate them with colorful glazes. Dress for a mess. You do to keep what you make!

Ages 6 - 10

Wed 4:15 - 5:15 p.m. 1/10/2007- 3/7/2007

Activity Fee \$90.00

Location: Pottery Room

# 13754

## Pre-Ballet (Ages 4-7)

Learn the basics of pre-ballet including vocabulary, the five positions, correct postures and large movements across the floor. Children should wear comfortable clothing and ballet slippers. The hair should be secured. Parents are welcome to attend the first and last class. Aynsley Briggs comes with a wealth of experience working with children.

Ages 4-7

Mondays 3:45 - 4:30 p.m. 1/8/2007- 3/5/2007

Activity Fee \$75.00 Location: Game Room

# 13874



## Short Shots Basketball (Ages 6-7)

A co-ed program designed to develop skills in your little "hoopster." Fun fundamentals with reduced sized basketballs and lowered hoop height helps to instill confidence and make it easier to be successful.

Ages 6 - 7

Saturdays 10 a.m. - 10:45 a.m. 1/13/2007- 2/17/2007

Activity Fee \$35.00

Location: Game Room

# 13758

## Mad Science (Ages 4-5)

This class explores color, worms and dinosaurs, sound, touch, what's safe and what's not, the power of eyes and air in science.

Wednesdays 4 - 5 p.m. 1/10/2007- 3/7/2007

Activity Fee \$75.00 Location: Game Room

# 13878



## Mad Science (Ages 6-11)

This class explores the world of bugs, detective science, materials at the core of the earth, machines, movie effects, weather, kitchen chemistry and the science of toys.

Tuesdays 4 - 5 p.m. 1/9/07-3.6.07

Activity Fee : \$115.00

Location: Game Room

# 14280

## Winter Break Camp (Ages 5-12)

Your child(ren) will enjoy an array of activities during camp: arts, crafts, music, games, indoor and outdoor sports, field trips plus options for individual time and creative expression.

Ages 5-12

Tue, Wed, Thu, Fri 7 a.m. - 6 p.m.

2/20/2007- 2/23/2007]

Activity Fee: \$116

Location: Room 3

# 13876



# Kids' Programs

## After School Program (Ages 5-12)

Please join our energetic director Ariel Tillman and our fine staff for a safe, fun and diverse After School Program! This year we will be introducing a cooking and music specialty component to the program in addition to the usual art and group games. So check the rest but try the best! Join us at Queen Anne Community Center After School Program. The focus of our program is to provide the children of Queen Anne and surrounding areas the opportunities to develop socially, emotionally and physically health. We make it our personal mission to promote self-awareness, self-control, conflict resolutions skills and positive decision making abilities. We like to work in unison with our local schools to make sure your child's educational experience is constantly being enriched. We strive to build a community where environmental stewardship, gender roles and cultural awareness are discussed in a positive, uplifting manner.

Ages 5-12

Mon, Tue, Wed, Thu, Fri 3-6 p.m.

Fee: 5 days \$245.00 (2nd child discount \$220.00)

Location: Room 03

# 13734 1/2/2007- 1/31/2007

# 13735 2/1/2007- 2/28/2007

# 13736 3/1/2007- 4/4/2007



## Citywide Basketball League (Ages 8-18)

The league offers divisions for every skill level compatible for introduction to the sport, its rules and regulations, and for those that have played organized ball and want to improve their skills. Age groups are determined by the ages of participants by August 31, 2006. Games will be played on Saturdays for ages 10-13, and on Sundays for ages 14-17.

Saturdays 9 a.m. - 5 p.m.

12/2/2006- 2/24/2007

Activity Fee \$55.00

Location: Gym

## After School Program Participation Note

*Parks and Recreation offers "school-age care programs" for children between five and 12 years of age who are enrolled in school (kindergarten through fifth grade). Under Department of Early Learning (formally DSHS) rules, we are prohibited from registering for these programs any child who is younger than five years of age or any child who is not enrolled in school.*



# Teen/Adult Programs

Queen Anne Community Center 206.386.4240



## Teen Hang Time

Come to the teen after school hang out at Queen Anne Community Center. Enjoy arts, cultural events, basketball, ping-pong, pool and other sports with other teens. Get help with your homework and use our computers to check your grades and to get important high school or middle school projects completed.

Ages 11 to 18

Daily 2:00 p.m. - 8:00 p.m.

Cost: Free

## Teen Advisory Board

Come join the Teen Board at Queen Anne. We boast a membership of at least 10 middle school youth and 10 high school youth. The Council members have done field trips together to Jazz shows, they have put together two dances, they have volunteered to help chaperone at other high school dances, they have put together a Teen Store to raise money for special field trips, gone to Sonics and Storm games, and have done a Parents Night out also as a fund raiser. So the Teens have been very busy here at Queen Anne and we invite you to come and have fun at one of the meetings.

Just call Teen Development Leader Dawn Bennett at 206-386-4240 for the new meeting time.

## Teen Fitness Class

Come enjoy our fitness program that is provided to you by the Seattle Parks and Recreation "Street Team," the Citywide Teen Advisory Council. We have received a grant from them to not only offer a fitness instructor, but also have some healthy grub so teens can learn how to eat a healthy meal (or snack) after a great workout. The instructor is Basil Bova.

Ages 13 to 18

Wednesdays

4:30 p.m. - 5:30 p.m.

Cost: Free

Location: Weight Room



## Listening to Rûmi

Once you hear the poetry of Jalâl ad-Dîn Muhammad Rûmi, you'll understand how a 13th-century Persian Sufi Muslim came to be America's bestselling poet. In his day, Rûmi was celebrated by Muslims, Christians, Jews, and Buddhists. What makes him compelling after 700 years? In this workshop, learn about Rûmi history, hear his poetry performed live, explore context and meaning. Includes materials. Led by enthusiast Julie Whitehorn with amateur actor Robert Whitehorn. "Come, come, whoever you are."

Thurs

7:00 p.m. - 8:30 p.m.

2/09/07

Activity Fee: \$20

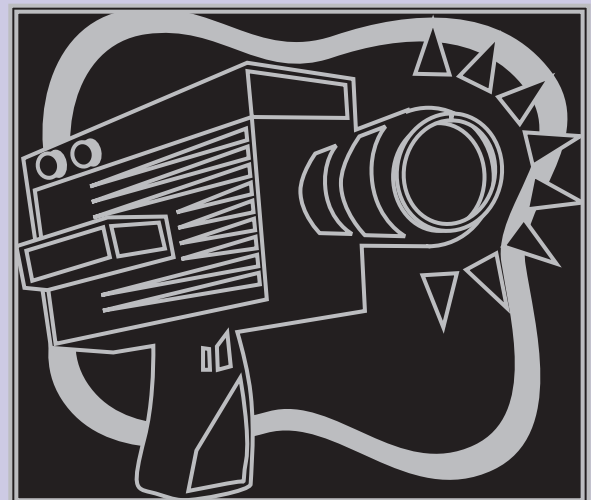
## Friday Movies

Come hang out after school and watch a movie or two. We watch the latest releases and are always taking ideas for what movies we want to see. Includes fresh popcorn and drinks. Sometimes we go all out with tacos or sandwiches.

Fridays

4:30 p.m.

Activity Fee: Free



# Adult/Senior Programs

## Ikebana

Try the elegant art of Japanese flower arranging. Ikebana is an art form in which the beauty of nature and objects of humanity are brought together. Take home your elegant creations.

Ages 18 and older

Tue 9:30 - 11:30 a.m.

Session 1: 1/9/2007- 1/30/2007 # 13751

Session 2: 2/6/2007- 2/27/2007 # 13752

Session 3: 3/6/2007- 3/27/2007 # 13752

Activity Fee \$67.00



Megumi Schacher, Ikebana Instructor

## Conquer Kids' Clutter

This workshop will give you ideas on how to organize your child's room and play spaces to conquer clutter and create an environment that invites play and learning. Explore storage solutions, see samples and take home tips on paint color, products, and sources. Led by interior designer Shannon Knoernschild and graphic designer Julie Whitehorn, both parents of young children.

Sat 1 p.m.- 2:00 p.m. 1/23/07

Activity Fee: \$35

## Write for Power! Journaling

Discover new avenues of personal creativity and passion in this journaling workshop. One hour of guided journaling and 1/2 hour of discussion and questions. Each class builds on the previous. Writers at all levels welcome. Sharing optional in a nurturing, motivating environment. Instructor Elizabeth Power has a Master's degree in Clinical Psychology, is a Life Coach and the founder of ARThaven, a non-profit organization geared towards fostering the development of the artist in individuals and their communities.

Ages 18 and older

Session 1: (morning)

Sat 10 to 11:30 a.m. 1/13/2007 - 1/27/2007

Fee: \$45

Session 2: (evening)

Mon 7 to 8:30 p.m. 2/05/2007 - 2/19/2007

Fee: \$45

## Pottery

Learning to make cylinder and bowl forms on the potter's wheel is the focus in this class. As students develop more control of the clay, other forms and some variation of forms will be demonstrated. Instruction also includes glazing, decorating and basic materials and maintenance. Cone 5 stoneware clay and glazes are used in this class. Additional supply fee includes 25 lbs. of clay, glazes and firings.

Ages 18 and older

Activity Fee \$165.00

Beginning Pottery:

Mon 5:45 - 8:45 p.m. 1/8/06-3/12/06

Wed 5:45 - 8:45 p.m. 1/10/2007 - 3/14/2007

Intermediate Pottery:

Tue 5:45 - 8:45 p.m. 1/9/2007- 3/13/2007

# 13757

Location: Pottery Room



# Adult/Senior Programs

## Tai Chi (Yang Style)

Tai Chi is an ancient Chinese form of exercise combining concentration, balance and meditation. Improve your balance and flexibility while getting a full-body workout through tai chi.

Using the Yang 24-form, Sifu Blake Emery explains both the health and martial arts roots of every move. Practice with two-person forms develops the reaction times and personal concentration of hard form martial arts without stress on joints and muscles.

Guest teachers from Sifu Emery's 40 years of study in martial arts show different techniques and paths to fitness.

Class participants will learn the fundamental movements of 24 Form tai chi and its applications. Session II/III is by permission of the instructor only.. Advanced students expand their strength and balance with long and short weapons forms and two-person exercises.

Ages 18 and up

### Session I (beginning)

10:30 a.m.-11:30 a.m. 1/13/2007- 3/17/2007  
#13759

### Session II (by permission of instructor)

11:30 a.m.-12:30 p.m. 1/13/2007- 3/17/2007  
Activity Fee: \$80.00  
Location: Room 03  
#13760

## Senior Eagles Hapkido

Join Hapkido Black belt Mark Power in holistic martial arts training in movement and flexibility, designed specifically for seniors, based on the Korean martial art Hapkido.

Mondays 12 p.m. - 1 p.m. 1/22/2007- 3/26/2007

Fee: \$80

## Capoeira

Capoeira is a collective art form that brings together dance, music, acrobatics and martial arts. Created four centuries ago by African slaves in Brazil, Capoeira was revived in the 1930's. It calls for intuition, skill, grace, and physical strength.

Ages 18 and up

Tue, Thu 6:45 - 8:45 p.m. 1/9/2007- 3/1/2007

Activity Fee: \$80.00

Location: Room 03

# 13737



Tai Chi Instructor Sifu Blake Emery

## Weight Room

Lift those weights, ride that bike, and pump that iron! This weight room has a variety of equipment, convenient access, and is very affordable. Create the type of workout regimen that works for you. Access the tread, bicycle, weight machine or free weights. Weight room available any time the building is open.

Mon - Fri

9 a.m. - 8:30 p.m.

Sat

10 a.m. - 4:45 p.m.

Weight Room Pass:

\$5.44/day pass

\$38.08/10 week pass



# Adult/Senior Programs

## Men's Basketball League

Games are played on Sundays.

Ages 18 - 60

Sun 11:15 a.m. - 3 p.m. 1/7/2007- 3/11/2007

Activity Fee \$600.00 per team

Location: Gym

# 13755

## Basketball Open Gym – Adults

This schedule is in effect for the Winter quarter. It is subject to last-minute changes due to facility issues, floor refinishing, program relocation, special events, etc. Please call 386-4240 to verify the open gym times.

Mon, Tue, Wed 6 - 9 p.m.

Activity Fee: \$2.00

Location: Gym



## CPR - Adult Beginner

This course tells you what to do in the event of a respiratory or cardiac arrest. The instructor is a member of the Seattle Fire Department.

Ages 18 and older

Wed 7 - 9 p.m.

3/14/2007- 3/14/2007

Activity Fee: free

Location: Room 01

# 13738

## CPR - Refresher

Ages 18 and older

Wed 7 - 9 p.m.

1/24/2007- 1/24/2007

Activity Fee: free

Location: Room 01

# 13739

## CPR Infant/Child

Learn the crucial life-saving techniques needed to respond to an emergency for infant and children.

Ages 18 and older

Wednesdays

7 - 9 p.m.

Session 1: 1/10/2007- 1/10/2007

# 13744

Session 2: 2/14/2007- 2/14/2007

# 13745

Session 3: 2/28/2007- 2/28/2007

# 13746

Activity Fee: Free

Location: Room 01





# Senior Programs

## Special Events

### Monday Meals

\$3 per meal (\$20 Meal Card available)

Reservations required. Fresh healthy meals most Mondays. First-come, first-served; reserve at QACC or contact Tim Pretare. Menu subject to change without notice.

Mondays Noon – 1 p.m. QACC

### Mid-Week Movies

Drop by to see a film of your choice each week.

Wednesdays 1:15 – 3:30 p.m. QACC

### Build an Effective Retirement Plan

Learn what you need to consider when developing an investment plan and help become informed consumers in order to make the best financial decisions for yourself.

Mon, Feb 5 10 – 11:30 a.m. QACC

### Spring Potluck

Bring your favorite dish to share. Plates, utensils, and beverages provided.

Mon, Mar 19 Noon – 1:30 p.m. QACC

## Health & Fitness

### Viniyoga Yoga

#13477 Mon 10 – 11 a.m. Magnolia CC

### Senior Aerobics

Take time to re-energize and feel better! Certified instructors teach these low impact aerobic classes.

#13473 Mon 9:30 – 10:30 a.m. QACC

#13474 Wed 9:30 – 10:30 a.m. QACC

#13475 Fri 9 – 10 a.m. QACC

### Tai Chi

This Tai Chi exercise class will practice slow, centered, mindful movement to optimize the flow of our bodies' own vital energy. Benefits include improved balance, increased range of motion, and a reduced stress level.

#13476 Tue 10:30 – 11:30 a.m. QACC

### Senior Eagles Hapkido

Join Hapkido Black belt Mark Power in holistic martial arts training in movement and flexibility, designed specifically for seniors, based on the Korean martial art Hapkido.

Mondays 12 p.m. - 1 p.m. 1/22/2007- 3/26/2007

### Circuit Training

Rotate among training stations to improve your skill, strength, and knowledge using weight machines. The class is limited to 16 people on a first come, first served basis.

#13458 Tue 9:30 – 10:30 a.m. QACC

#13459 Thu 9:30 – 10:30 a.m. QACC

### Enhance Fitness

This class will focus on enhancing your endurance, strength, balance, posture, and flexibility. Standards for measurement will document your progress. For people of all fitness levels.

#13463 Tue/Fri 1 – 2 p.m. Magnolia CC

### Hatha Yoga

Enjoy gentle stretching and movement with awareness, correct alignment, and deep breathing. Build stamina, improve circulation, flexibility and range of motion.

#13464 Wed 11 a.m. – Noon QACC

#13465 Fri 9 – 10 a.m. QACC

### Arthritis Foundation Exercise Program

Done primarily sitting in chairs, this program is designed for people who are just beginning an exercise program and for people who have arthritis.

#13416 Thu 10 – 11 a.m. QACC

## Sound Steps

No fee. Please call Mari Becker for more information: 206-684-4664.

### Lower Queen Anne Sound Steps

Walk around the Seattle Center (we have indoor options when it's raining).

Tue Noon – 1 p.m. Seattle Center

### Merrill Gardens Sound Steps

Enjoy fitness and new friends during this neighborhood walk! Meet at Merrill Gardens, 800 4th Ave N.

Wed 9 – 10 a.m. Oct 2 – Dec 15

### Urban Hike: Discovery Park

Enjoy Seattle's largest city park with views of the Cascade and Olympic Mountain Ranges. Sorry, this walk is not wheelchair/walker accessible. Bring a lunch, and we'll provide dessert. Meet at the visitor's center.

Thu, Mar 15 11 a.m. – 1:45 p.m. Disc. Park

# Senior Programs

## Discover Walking

Walk the 2.8 mile Discovery Park Loop Trail! Meet at the visitor center.

Fri 10 a.m. – Noon Disc. Park

## Arts, Crafts & Cooking

### Watercolor Painting \$72

Bring your paints, your brushes, and your love of painting. We'll hold a demonstration after each lesson with lots of guidance. All skill levels are welcome.

#13478 Mon 9:30 – 11:30 a.m. Magnolia CC

### Crafty Ladies Free

Drop in to work on your own project or learn a new craft, socialize, and make new friends. We have sewing machines and supplies available.

Thursdays 2 – 3:30 p.m. QACC



### Cooking \$15/class

Rosangela's culinary creativity will get you hoppin' in the kitchen. Learn new and exciting ways to create simple and easy dishes. To finish each class, you get to eat your creations while enjoying the company of friends!

### New Year's Resolutions

#13462 Thu, Jan 25 10 a.m. – Noon QACC

### Gourmet Burgers!

#13460 Thu, Feb 15 10 a.m. – Noon QACC

### Irish Pasties

#13461 Thu, Mar 15 10 a.m. – Noon QACC

## Cards & Games

### Organized Bridge Free

These weekly bridge games are for experienced players. Please call Dean and Nancy McPhaden, at 206-282-8331

to sign up for a foursome.

Mondays 2 – 4 p.m. QACC

No bridge on the last Monday of the month.

Fridays 10:30 a.m. – 2 p.m. QACC

### Bridge Instruction \$42

Practice your skills using drills and personal attention from a qualified instructor.

#13418 Wed 10 a.m. – Noon QACC

### Organized Bridge Free

These weekly bridge games are for experienced players. Please call Kats Tinina 284-5688, to sign up for a foursome.

Wednesdays 9 a.m. – 2 p.m. Magnolia CC

Thursdays 8 a.m. – 2 p.m. Magnolia CC

### Bingo Free

Bingo Bug! Have you caught it?

Thursdays 10 – 11 a.m. QACC

## Books & Computers

### Bookmobile Books

The Seattle Public Library brings new large print books to QACC every month. Check one out on the next Bookmobile visit!

### Book Exchange

Come and experience the comfortable couches and reading area at the QACC. Browse through the book shelves, borrow a book, or bring a book to trade in.

### Seattle Times and P.I.

Come and experience the comfortable couches and reading area at Queen Anne and Magnolia Community Centers. Weekdays from 9 a.m. to 4 p.m.

### Dessert & Discussion Free

Gather to discuss books and enjoy some treats. Group meets on the last Monday of every month.

Mondays 1:30 – 2:30 p.m. QACC

### Computers Free

Public access computers for senior adults at the QACC. For information contact Tim Pretare.

Mon – Fri 9 a.m. – 4 p.m. QACC

# Senior Programs

## Workshops & Speakers

### Travelogue

**Free**

Slide shows from points all around the world. **Instructor: R. Nece**

**Mondays 10:45 –11:45 a.m. QACC**

Jan 22: Canadian Maritimes (Nova Scotia, New Brunswick, and Prince Edward Island)

Feb 26: Pakistan

Mar 19: Historic Boston and Nearby Massachusetts

### Program Planning Meetings

**Free**

Come and give input on programs! Bring newspaper articles and ideas. The discussion will include trips, classes, special events and how to expand and improve programs. Group meets the first Thursday of each month.

First Thursdays 1 – 2 p.m. QACC

Winter Dates: Jan 4, Feb 1, Mar 1

## Field Trips

### DaVinci at Flight Museum

**\$7.50**

#13274 Fri, Jan 5 9:30 a.m. – 3 p.m.

### Microsoft & Candy Factory

**\$12**

#13466 Fri, Jan 12 9 a.m. – 4 p.m.

### LeMay Museum in Tacoma

**\$10**

#13272 Fri, Jan 19 8:30 a.m. – 3 p.m.

### Lovely LaConner

**\$10**

#13273 Fri, Feb 2 10 a.m. – 5 p.m.

### Valentine Theme Trip

**\$8**

#13470 Fri, Feb 9 10 a.m. – 4 p.m.

### Madison Park Secrets

**\$7.50**

#13275 Fri, Feb 16 10 a.m. – 3 p.m.

### King 5 Newsroom

**\$8**

#13471 Fri, Feb 23 9 a.m. – 4 p.m.

### Monroe, Sultan, Skykomish

**\$8**

#13276 Fri, Mar 2 10 a.m. – 4 p.m.

### Port of Seattle

**\$8**

#13472 Fri, Mar 9 9:30 a.m. – 4 p.m.

## Day Trippin'

**\$6/hike**

Explore beautiful parks and trails in this hiking program. Hikes are usually about 3 miles on varied terrain. Weather permitting, bring lunch for the trail. In rainy weather we will lunch (on your own) at a restaurant close to the hike. Be prepared for wet or muddy trails with appropriate clothing and footwear! We provide transportation. Please register ahead of time by calling 233-7255. Van pickup from Miller is at 9:45 a.m., and at Garfield at 10 a.m. We'll return at approximately 3 p.m.

#13259 Tue, Jan 9 Point Defiance

#13262 Tue, Jan 23 Issaquah Creek

#13261 Tue, Feb 6 St. Edwards Park

#13260 Tue, Feb 20 Redmond Watershed Preserve

#13258 Tue, Mar 6 Coal Creek Falls

## Red Hat Society

**\$5 per event**

Join this group of women 50 and older who are looking for fun! We will have a monthly event that all are welcome to attend! Lunch will be "on your own," and we'll provide transportation from Garfield CC for most events. Please register in advance—these events fill up fast!

#13321 Thu, Jan 18 10 a.m. – 4 p.m. Garfield CC

#13322 Thu, Feb 15 10 a.m. – 4 p.m. Garfield CC

#13323 Thu, Mar 8 10 a.m. – 4 p.m. Garfield CC

